



Commander's COVID-19 update

CNFK Team,

Today, the Department of State updated their global health advisory to Level 4: Do Not Travel, advising U.S. citizens to avoid ALL international travel due to the global impact of COVID-19. This advisory level further illustrates the global challenges being posed by this outbreak. Not only is traveler mobility being affected into and out of the United States, many other areas are experiencing their own travel and health challenges, including quarantines and border restrictions. Even countries, jurisdictions, or areas where cases have not been reported may restrict travel without notice, which increases the chance that anyone traveling can be stuck anywhere they go with little or no mobility or recourse. Whether you're here with us in the Republic of Korea, back in the states or stationed elsewhere in the world, now is not the time to be traveling anywhere if at all avoidable.

<https://travel.state.gov/content/travel/en/traveladvisories/ea/travel-advisory-alert-global-level-4-health-advisory-issue.html>

<https://travel.state.gov/content/travel/en/traveladvisories/ea/covid-19-information.html>

For the latest information regarding COVID-19, please continue to check the CDC website:
www.cdc.gov/covid19

Closer to home, U.S. Pacific Fleet has a terrific COVID-19 page with the latest news from DoD and big Navy as well as the latest NAVADMINs and other important guidance and resources:
<https://www.cpf.navy.mil/COVID19/>

To see the other recent announcements concerning promotion board postponement, advancement exam postponement (to May), and the Spring PFA suspension, see these links to the corresponding NAVADMINs:

<https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20072.txt>

<https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20071.txt>

<https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20069.txt>

Bear in mind that just because you aren't required to pass a fitness test this cycle, that doesn't relax the requirement to keep yourself in shape. A high standard of physical fitness is not only central to your personal well-being and a positive state of mind—in the Navy, it is a professional obligation. Spring is here, and the sun is shining. Go for a run, go for a walk, take a hike. You can easily adhere to social distancing guidelines and still get your steps in!

While I have been emphasizing the critical importance of remaining vigilant and not growing complacent as we grow used to living with COVID-19 prevention measures in our daily lives, please recognize that vigilance doesn't only apply to personal hygiene and the practice of proper social distancing. We must also be attentive the presence of stressors during this time and remain alert for the increased potential for harm that comes with a crisis.

Reducing the amount of time spent outside of your residence and the loss of social interactions is disruptive to daily life and is a stressful life event to many. The crisis may also lead to increases in violence. Research has shown that past natural and environmental disasters increased interpersonal violence, especially against women. As families increase time in their homes due to restrictions, conflict may increase and patience may wear thin. For those individuals with poor coping skills or a history of domestic violence, this may prompt increases in violence. Diminished access to social support and services can also increase the risk of violence. Additionally, some people may feel more isolated during this period of social distancing and this may lead to increases in feelings of anxiety, depression, and self-injurious behavior.

If you are feeling an increased level of stress or are otherwise experiencing a crisis, please reach out to a Fleet and Family Support Center counselor for help. In Busan, reach out to Roneiko Beasley at 051-714-0857 or roneiko.beasley@fe.navy.mil; In Chinhae, reach out to Amanda Henson Land at 055-540-5379 or amanda.hensonland@fe.navy.mil.

Going forward, I will be sharing updated information weekly (Friday afternoons as weekly wrap-ups) or as needed instead of putting out daily messages. If you feel you would rather receive more frequent updates, please don't hesitate to let me know.

Have a great weekend, and keep looking out for yourselves and one another!

Sincerely,
Buzz
RDML Buzz Donnelly
Commander, U.S. Naval Forces Korea
#killthevirus

+ Continue to send any questions you have to your chain of command or email the PAO at M-KO-CNFK-PAO-GS@fe.navy.mil. + Help out! Donate to the Navy-Marine Corps Relief Society: <https://www.nmcrrs.org/>.

+ Household goods: continue to schedule your household goods, unaccompanied baggage, and non-temporary storage pickups and deliveries as before. But note that the Navy is not going to be moving or shipping your items until at least the end of the 60-day stop movement period (May 12).

+ Chinhae notes: Commissary re-stocks Tuesday, Thursday, and Saturday afternoons. If you would like to place an advance order (particularly for meats), contact them directly to place an order. The CFAC Exchange has adult masks for purchase, though quantities are limited. CFAC base access is now "no-touch" during ID checks, and access/gate screening includes temperature checks and a questionnaire.

+ Pier 5: Busan Storage Center & BASOP Functions (SOFA stamps and ration control, Pass & ID, fuel station, vehicle inspection and drivers testing) hours of operation are now 0800-1500 daily until further notice.

+ Schools: Virtual schooling is underway at both Busan Foreign School (BFS) and International School of Busan (ISB). ISB is planning at present to return to classroom instruction April 6; BFS will continue their virtual schooling through at least March 20. Keep abreast of any potential changes or updates by visiting the school websites regularly.

+ Best practices for prevention:

- Wash your hands often (for at least 20 seconds)
- Use alcohol-based hand sanitizer (should be at least 60% alcohol)
- Cover your mouth when coughing or sneezing
- Don't touch your eyes, nose and mouth with unwashed hands

- Clean and disinfect frequently touched objects and surfaces
- Wear masks in public places
- Stay home if you aren't feeling well